

Kennebec/Somerset

Transition Team

**RESOURCE
GUIDE**

What is the Kennebec/Somerset County Transition Team?

The Kennebec/Somerset Transition Team is comprised of community members that are concerned about their neighbors who are in the throes of unemployment. With individuals representing social service agencies, state and municipal offices, health care, employment agencies, education, workforce development and training organizations, local businesses, as well as other interested individuals, this team recognizes its role as a provider of information, resources, and support to people who have lost their jobs.

Transition Team Partners

Central/Western Maine Workforce Investment Board
Congressman Michael H. Michaud
Congresswoman Chellie Pingree
Crisis and Counseling Centers, Inc.
Kennebec Valley Community Action Program
Kennebec Valley Community College
Kennebec Valley Council of Governments
Maine CareerCenters
Maine DECD Office of Business Development
Maine Department of Labor
Mid-Maine Chamber of Commerce
MSAD 54 Adult and Community Education
Sebasticook Valley Hospital
Senator Olympia J. Snowe
Senator Susan M. Collins
Somerset County Association of Resource Providers (SCARP)
Somerset County Economic Development Corporation
Town of Pittsfield
United Way of Mid-Maine
USDA Rural Development
Women, Work, and Community

Updated 05/2010

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Important Numbers

211Maine.org.....	211
Connects you to services statewide—including heating and utility resources.	
Adult Learning Opportunities.....	1-800-322-5455
Al-Anon Anonymous.....	1-888-425-2666
Alcoholics Anonymous.....	1-800-737-6237
Maine Alzheimer’s Association.....	1-800-660-2871
24 hour helpline, Statewide	
Suspected Child Abuse or Neglect	1-800-452-1999
TTY.....	1-800-963-9490
Domestic Violence	
Family Violence Project (Kennebec & Somerset counties)	1-877-890-7788
Spruce Run (Penobscot county).....	1-800-863-9909
Food Stamp Hotline	1-800-452-4643
Mental Health Crisis/Substance Abuse.....	1-888-568-1112
24 hour hotline	
Mental Health, Warm Line	1-800-490-8748
A non-crisis phone line for persons with mental illness and their families	
Open 5pm – 8 am, 7 days a week	
Narcotics Anonymous.....	1-800-974-0062
Poison Control Center.....	1-800-442-6305
Runaway National Switchboard	1-800-621-4000
Sexual Assault/Rape Response	1-800-310-0000
Unemployment Call Center—Benefits Claims.....	1-800-593-7660

Resources Available To Assist Consumers

Credit Reporting Agencies

Credit bureaus or credit reporting agencies collect and store data provided by many of your creditors. The credit bureaus then assemble and deliver the information, for a fee, to their business customers. You can obtain a free copy of your credit report at:

www.annualcreditreport.com

1-877-322-8228

Or

Annual Credit Report Request

P.O. Box 105281

Atlanta, GA 30348

Debt Management Companies

Any company offering debt management services (credit counseling) in Maine must be registered with the Office of Consumer Credit Regulation. Only non-profit organizations are allowed to offer these services in Maine.

For information on debt management service providers, or to see if a company is authorized to do business in Maine, visit the Consumer Credit Regulation web page at:

<http://www.maine.gov/pfr/consumercredit/index.shtml>

Maine Attorney General's Office

Public Protection Unit

#6 State House Station

Augusta, ME 04333-0006

Tel: 626-8800 (Lines open from 9am to 12pm)

www.maine.gov/ag

Maine Lawyer Referral & Information Services

Maine State Bar Association

PO Box 788

Augusta, ME 04332-0788

Tel: 622-1460 or 1-800-860-1460

For details go to Website:

www.mainebar.org/lawyer_need.asp

Maine Revenue Services

24 State House Station

Augusta, ME 04333-0024

Tel: 287-2076 Fax: 624-9694

<http://maine.gov/REVENUE>

Maine Office of Consumer Credit Protection

35 State House Station

Augusta, ME 04333-0035

Tel: 624-8527 or 1-800-332-8529

<http://www.maine.gov/pfr/consumercredit/index.shtml>

Penquis

Penquis provides financial education and budgeting assistance.

262 Harlow St., Bangor, ME 04401

Tel: 973-3500 or 1-800-215-4942

119 Main St., Lincoln, ME 04457

Tel: 794-3093

50 North St., Dover-Foxcroft, ME 04426

Tel: 564-7116

www.penquiscap.org

Taxes

Internal Revenue Service

68 Sewall St., Augusta, ME 04330

Tel: 622-1508

324 Harlow St., Bangor, ME 04401

Tel: 942-8573

www.irs.gov

Unemployment Claims Centers-Maine Department of Labor

Unemployment is an insurance program providing temporary, partial wage replacement to workers who are unemployed through no fault of their own.

PO Box 1092, Augusta, ME 04332-1092

Tel: 1-800-593-7660

Fax: 287-3733

www.file4ui.com

Volunteer Lawyers Project

Lawyers volunteer their time to assist low-income consumers with problems requiring legal counsel.

Tel: 1-800-442-4293

Hotline hours: M, W, F—9 am-noon, T, Th-1 pm-4 pm

<http://vlp.org>

Women, Work & Community

State

Tel: 1-800-442-2092

Augusta

UMA, 46 University Dr., Augusta, ME 04330-9410

Tel: 621-3440 or 1-800-442-2092

Bangor

216 Texas Ave, Acadia Hall, Bangor, ME 04401

Tel: 262-7840

Waterville

93 Main St., Waterville, ME 04901

Tel: 872-9482

Statewide non-profit organization that provides training for men and women on starting a business, personal finances and other workshops.

www.womenworkandcommunity.org

Business Development

Eastern Maine Development Corporation

EMDC can help your business expand and grow in Eastern Maine, whether you are a start-up, a micro-business or an established business of any size. Serves 6 counties: Hancock, Knox, Penobscot, Piscataquis, Waldo, and Washington Counties.
40 Harlow Street, Bangor, ME 04401
Tel: 942-6389 or 1-800-339-6389 Fax: 942-3548
www.emdc.org

Kennebec Valley Council of Governments (KVCOG)

Provides free business counseling services to persons interested in starting a business and to persons with existing businesses seeking to expand. Also makes loans to eligible businesses typically in partnership with the borrower's bank. Serves Kennebec, Somerset and western Waldo counties.
17 Main St., Fairfield, ME 04937
Tel: 453-4258
www.kvcog.org

Maine Department of Economic and Community Development

Employers can get business development assistance and displaced workers can investigate starting new businesses by contacting this department and some of their online resources. Get answers to questions regarding licensing, permits, taxes, financing and more:
www.econdevmaine.com
Business Answers
On line service to assist in starting and conducting business in the State of Maine.
Tel: 624-9800
In-state: (800) 872-3838 Out-of-state: (800) 541-5872
www.Maine.gov/businessanswers

Maine Small Business Development Centers

Provides comprehensive business management assistance, training and information services to Maine's small business community.
Maine SB Service Center: Fairfield
CEI at Kennebec Valley Council of Governments
17 Main St
Fairfield, ME 04937-1119
Tel: 453-4258 ext. 16
Maine SB Service Center: Bangor
Tel: 942-1744
Maine SB Service Center: Augusta
Tel: 620-3521
www.mainesbdc.org

Maine SBDC Outreach Office: Fairfield
Fairfield CATDC Biotech (by appointment)
Maine's Applied Technology Centers
50 Eskelund Dr.
PO Box 149
Fairfield, ME 04937-1378

Contact Wiscasset Office: 882-4340

Maine Small Business Development Centers—continued

Maine SBDC Outreach Office: Skowhegan
Tel: 453-4258 Ext. 14
Maine Business Works
On-line business development resource for Maine
www.mainebusinessworks.com

MaineStream Finance

Assistance is provided with startup or expansion of micro-enterprises through classroom training, workshops and 1:1 counseling.
262 Harlow St., Bangor, ME 04401
Tel: 973-3663
www.mainestreamfinance.org

The University of Maine Cooperative Extension

Assistance is provided to small and home based businesses that are in the thinking and start up phase. Workshops are provided to address many topics. Business consultations, which are free and confidential, are scheduled by appointment.
307 Main Ave., Bangor, ME 04401
Tel: 942-7396 or 1-800-287-1485
www.umext.maine.edu/

US Department of Agriculture

Rural Development
Business loans to applicants starting a business and current business owners can provide community loans to towns and cities.
Somerset, Waldo, Penobscot Counties
967 Illinois Ave., Suite 4, Bangor, ME 04401
Tel: 990-9121 Fax: 990-9129
Kennebec County
254 Goddard Rd., Lewiston, ME 04241
Tel: 753-9400
www.rurdev.usda.gov/rbs/index.html

University of Southern Maine

FastTrac Business Management Training
Offers essential business information to help you develop your entrepreneurial skills and build your business on a strong foundation.
Heart of Maine RC&D
1423 Broadway, Bangor, ME 04401
Tel: 947-6622 x 5
www.usm.maine.edu/cesb/programs.html

Business Development—continued

Women, Work & Community

Statewide non-profit organization that does training for men and women on starting their own business, personal finances and other workshops.

State

1-800-442-2092

Augusta

UMA, 46 University Dr., Augusta, ME 04330-9410

Tel: 621-3440 or 1-800-442-2092

Bangor

216 Texas Ave, Acadia Hall, Bangor, ME 04401

Tel: 262-7840

Waterville

93 Main St., Waterville, ME 04901

Tel: 872-9482

www.womenworkandcommunity.org

Children & Family Services

Care & Comfort

Children's Case Management services; individual, family and group outpatient therapy for children and adults; in-home supports for children with a mental health diagnosis of Mental Retardation or Autism; home and community-based treatment for children with a primary mental health diagnosis.

180 Main Street, Suite 2

Waterville, ME 04901

1-800-366-5302

www.CareandComfort.com

Community Care

Therapeutic foster care and adoption services.

98 North Ave., Skowhegan 04976

Tel: 858-0067

12 Shuman Dr., Suite 16, Augusta, ME 04330

Tel: 621-0646

www.caremaine.org

DHHS Voucher Program

The voucher program helps eligible parents/guardians pay the fees for child care in licensed or registered facilities, (private day care is allowed pending approval i.e. background check and limited children). To receive a voucher, parents or guardians must be employed; in training or an educational program, or enrolled in substance abuse treatment (limited funding available for individuals enrolled in substance abuse treatment program). There is a waiting list for eligible applicants.

2 Anthony Ave., 11 State House Station

Augusta, ME 04333

(207) 624-7999 or 1-800-606-0215

www.maine.gov

Child Care Options

337 Maine Avenue

Farmingdale, ME 04344

582-3110 or 1-800-525-2229

www.skcdc.org

Child Care Options provides information and referral services to parents in Kennebec & Somerset counties looking for licensed or registered providers. Provides training to providers at no cost. Trainings are also available for parents. Assistance is available to parents in choosing the appropriate type of care for their child(ren) - Center, Family Day Care, Before and After School or In-home Care.

Video and printed resource materials on a wide variety of topics such as parenting, child development, nutrition and discipline are available at no cost to parents.

CDS (Child Development Services)

- Provides case management and direct instruction for children birth through age five and their families.
- Conducts ChildFind (the process of identifying children with disabilities) screenings and evaluations for children birth through age five.
- Identifies eligible children through Part C or Part B and secure local service access for services.
- Provides Early Intervention and Special Education programming in the following areas:
 - Physical Gross/Fine motor skills; cognitive;
 - communication (Speech and Language);
 - Social/Emotional; Adaptive

Northern Kennebec/Somerset

163 Silver St., Waterville, ME 04901

Tel: 877-2498

Fax: 877-7459

Southern Kennebec

263 Water St., Suite 500, Augusta, ME 04330

Tel: 623-4989

Fax: 622-9798

Penobscot County

Intown Plaza, 376 Harlow St., Bangor, ME 04401

Tel: 947-8493

Fax: 990-4819

www.maine.gov/education

The Children's Center

Provides in home support with case management services for children with special needs. Also provides classrooms and childcare.

1 Alden Ave., Augusta, ME 04330

Tel: 626-3497 or 1-800-894-6264

www.childrencenteraugusta.com

Home Counselors Inc.

Home Based Family Services: Intensive, short term, home based counseling to help families provide safe home environments in order to reduce the risk of out of home placement of children in Somerset & Kennebec Counties. Families must be MaineCare eligible. Phone: 453-0060

Alternative Response Services: Case management for low and moderate risk families referred by DHHS to ensure that children at risk of abuse or neglect (and their families) receive needed services appropriate to their level of assessed risk. Both non-MaineCare and MaineCare families are eligible in Somerset and Kennebec Counties.

Kennebec County: 621-0191

Somerset County: 453-0060

Supervised Family visitation

Provision of court ordered or DHHS requested supervised or facilitated visitation in a safe environment, both office and community based, between child in the custody of DHHS and members of their family. Both MaineCare and non-MaineCare families are eligible in Somerset and Kennebec Counties.

Kennebec County: 621-0191

Somerset County: 696-8200

Locations

280 State Street
Augusta, ME 04330

12 Rowell Street
Madison, ME 04950

13 Tobey Road
Hinckley, ME 04944

Community Health & Counseling

Individual/group/family therapy services, long term and therapeutic foster care, home-based services

78 Madison Ave., Skowhegan, ME 04976

Tel: 858-4860 or 1-800-437-9227

PO Box 28, E. Winthrop, ME 04343

Tel: 395-2555 or 1-800-291-6021

www.chcs-me.org

Crisis and Counseling Centers

32 Winthrop St., Augusta, ME 04330

Tel: 626-3448 or 1-888-568-1112

www.crisisandcounseling.org

GEAR Parent Network

A statewide family support network whose primary focus is on the emotional, behavioral, mental and social health of all children, youth and their families. Through parent-to-parent sharing of experiences and knowledge, G.E.A.R. empowers parents of children with behavioral health concerns to build on their family's strengths and to advocate for their family's needs. Free services available to parents & families include: support by phone, monthly support groups, education, health & legal trainings and social opportunities.

Tel: 1-800-264-9224

www.gearparentnetwork.com

KVCAP Child Care & Head Start

97 Water St., Waterville, ME 04901

Tel: 859-1593

26 Mary St., Skowhegan, ME 04976

Tel: 474-8487 ext. 2520 or both locations at -

1-800-542-8227

www.kvcap.org

Full Day/Full Year Head Start & Child Care Centers serving children ages 0-5:

Waterville CDC; Waterville Early Head Start; KVCC; Skowhegan Child Development Center; Home Start – Fairfield, Waterville & Ripley

Part Day/Part Year Head Start Programs serving children ages 3-5:

Kennebec Preschool, KVCAP Waterville; Waterville Pre-K, George J. Mitchell; Fairfield Preschool, Pittsfield, Hartland, Palmyra, St. Albans, Madison, Anson, Norridgewock, Skowhegan Before and After School Program

Home Based - Child Development services delivered to parents and children in their homes

Children & Family Services—continued

KidsPeace National Centers for Kids in Crisis

Residential, day treatment, outpatient services, emergency shelter, sexual abuse treatment, suicide prevention, foster family programs, adoption, autistic spectrum disorder and counseling. Serves New England

16 Kids Peace Way, Ellsworth, ME 04605

Tel: 667-2021 or 1-800-992-9543

www.kidspeace.org

Maine Parent Federation

Provides information, advocacy, education, and training to parents and professionals to benefit all children.

12 Shuman Ave., Suite #7, Augusta, ME 04330

Tel: 623-2144 or 1-800-870-7746

www.mpf.org

Penquis CAP Head Start

A comprehensive early childhood development program with educational, medical, dental, nutritional, social service and parent involvement components. Services are provided to 3, 4, and 5 year old children at sites in Penobscot and Piscataquis Counties.

262 Harlow St., Bangor, ME 04401

Tel: 973-3500 or 1-800-215-4942

www.penquis.org

Southern Kennebec Child Development Corporation

Head Start and Day Care for the Augusta area

337 Maine Avenue, Farmingdale, ME 04344

Tel: 582-3110

www.skcdc.org

Waterville Boys & Girls Club and YMCA

126 North St., Waterville, ME 04901

Tel: 873-0684

www.aplaceforkidstogo.org

Youth & Family Services

Provides quality treatment for individual, marital and family problems including substance abuse services; home based services, including short term intensive counseling and Family Reunification Services for DHHS referred families, Children's Case Management, Community Case Management (for adult individuals with mental retardation and autism).

5 Commerce Dr., Skowhegan, ME 04976

Tel: 474-8311 or 1-888-420-9605

72 Winthrop St., Augusta, ME 04330

Tel: 626-3478 or 1-877-258-7949

www.yfsinc.org

Clothing & House Wares

Addie's Attic - St. Mark's Episcopal Church

9 Summer St., Augusta, ME 04330

Tel: 622-2424

Bear-ly Used Boutique

104 Kennedy Memorial Drive, Waterville, ME 04901

Tel: 872-5055

Becky's Second Time Around

125 Maine St., Winthrop, ME 04364

Tel: 377-6143

Lamb's Clothes Closet—Fairfield First Baptist Church

12 Newhall Street, Fairfield, ME 04937

Tel: Office - 238-8029

Community Clothes Closet

Methodist Church

113 Dr. Mann Road, Skowhegan, ME 04976

Tel: 474-3409

Goodwill Retail Store

56 Western Ave., Augusta, ME 04330

Tel: 623-1774

Clothes Closet

101 Spring St., Gardiner, ME 04345

Tel: 582-5188

Goodwill Retail Store

10 Concourse West

Waterville, ME 04901

Tel: 877-0673

Ken-A-Set Thrift Store

1 College Ave

Waterville, ME 04901

Tel: 873-3932

Pennywise – Thrift Shop

First Congregational Church

134 Somerset Ave., Pittsfield, ME 04967

Tel: 487-4760

Salvation Army Store

184 College Ave, Waterville, ME 04901

Tel: 680-2531

Skills Thrift Store

165 Water Street, Skowhegan, ME 04976

Tel: 474-2177

Palmyra Clothes Cupboard

190 Springhill Road

Palmyra, ME 04965

Tel: 938-2683

Domestic Violence

Family Violence Project

PO Box 304, Augusta, ME 04332

Tel: 623-8637

PO Box 3104, Skowhegan, ME 04976

Tel: 474-8860

Hotline: 1-877-890-7788 (24 hour)

Men's Work

Offers group education for men who have verbally, mentally or physically abused a woman in a relationship. Because many men who abuse their partners have abused their children as well, Menswork groups also address the connections between intimate partner abuse and child abuse.

218 Water St., Augusta, ME 04330

Tel: 623-7252

Sexual Assault Crisis Support Center

134 Main St., Winthrop, ME 04364

Tel: 377-1010 Hotline: 1-800-871-7741

18 Silver St., Suite 3, Waterville, ME 04901

www.silentnomore.org

ShelterHelp

ShelterHelp is a new program designed specifically for organizations providing services to domestic violence victims. Through this program, your organization can receive grants of CALL to PROTECT® cell phones, additional airtime minutes, or cash, depending upon your needs. This website provides your organization with a simple, turn-key program to implement in your community.

www.shelterhelp.org

Spruce Run

Serves people affected by domestic abuse. Services include a 24 hr hotline (7 days a week), support groups, education groups, children's services, shelter, training & education.

PO Box 653, Bangor, ME 04401

Tel: 945-5102

Hotline: 1-800-863-9909

Victim/Witness Advocate

Services provide help to any victim of, or witness to a crime. Short term counseling, emergency assistance with law enforcement, judicial system guidance and support.

District Attorney, Somerset County, Skowhegan, ME 04976

Tel: 474-2423

Kennebec County Court House, 95 State St. Augusta, ME

Tel: 623-1156

Education

Adult Education

Augusta Adult & Community Education
33A Union St., Augusta, ME 04330
Tel: 626-2470

Mid Maine Regional Adult & Community Education

Waterville/Winslow Office
1 Brooklyn Ave., Waterville, ME 04901
Tel: 873-5754

Or

Messalonskee Office
131 Messalonskee Dr., Oakland, ME 04963
Tel: 465-9134

www.waterville.maineadulted.org

Mt. View Adult & Community Education

577 Mt. View Rd., Thorndike, ME 04986
Tel: 568-3426

www.msad3.org

MSAD 13 Adult Education

125 Canada Rd., Moscow, ME 04920
Tel: 672-5572

www.sad13.com

RSU 19 Adult Education

266 Williams Road, Newport, ME 04953
Tel: 368-3290

www.rsu19.org

MSAD 53 Adult & Community Education

Warsaw Middle School
167 School St., Pittsfield, ME 04967
Tel: 487-5145

www.msad53.org

RSU 54 / MSAD 54 Adult & Community Education

Academy Circle, Skowhegan, ME 04976
Tel: 474-7553

www.msad54.maineadulted.org

MSAD 74 Adult Education

PO Box 87, North Anson, ME 04958
Tel: 566-7302

www.msad74.org

RSU/MSAD11 Adult Education

40 West Hill Rd., Gardiner, ME 04345
Tel: 582-3774

www.msad11.maineadulted.org

Lawrence Adult Ed.—MSAD 49

4 School St., Fairfield, ME 04937
Tel: 453-4200 ext 3114

www.lawrenceadulted.org

RSU 38 Maranacook Adult Education

2250 Millard Harrison Dr., Readfield, ME 04355
Tel: 685-4923 ext. 317

<http://adulted.maranacook.org>

Local Colleges

Beal College

Provides traditional & non traditional students with a quality education in Allied Health, Business Studies, Criminal Justice, Early Childhood Education, Social & Human Services, and Professional Office Technology & Support. Day and evening courses available with six start date options per year.

99 Farm Rd., Bangor, ME 04401

Tel: 1-800-660-7351

www.bealcollege.edu/

Eastern Maine Community College

EMCC has professional staff available to assist you in meeting your educational goals. Call for an appointment and get started today. Offering both credit and non-credit courses as well as entire degrees.

354 Hogan Rd., Bangor, ME 04401

Tel: 974-4600 or 1-800-286-9357

www.emcc.edu

Husson University

Offers 2 & 4 year programs in Accounting, Business Administration, Criminal Justice, Computer Information Systems, and Business & Technology. Financial Aid is available.

One College Circle, Bangor, ME 04401

Tel: 941-7121 or 1-800-448-7766

www.husson.edu

Kennebec Valley Community College

Admissions/Financial Aid—453-5035

92 Western Ave., Fairfield, ME 04937

Tel: 453-5000 or 1-800-528-5882

www.kvcc.me.edu

University of Maine at Augusta

Regional state university providing baccalaureate and select associate degrees to meet the educational, economic and cultural needs of Central Maine. Additionally, UMA offers several bachelor degrees statewide through University College outreach centers.

46 University Dr., Augusta, ME 04330

Tel: 621-3000 or 1-877-862-1234

www.uma.maine.eduwww.uma.maine.edu

Education Services

Bonneystaffing & Training Center

Temporary staffing firm for office and light industrial positions in the Augusta area. Job listings available.

124 State St., Augusta, ME 04330

Tel: 621-1100

www.bonneystaffing.com

Helping Hands Trade School

Helping Hands offers ongoing classes in the healthcare field. These courses are designed for both entry level positions and advanced training in specific occupations.

Hours-M-F, 7:30-3:30

410 China Rd., Winslow, ME 04901

Tel: 873-0011 or 1-800-777-8976

www.helpinghandstradeschool.com

Kennebec Learning Center

Day program for Augusta Adult Education. Provides high school diploma, GED and college prep classes.

Hours: M-Th, 8:30 am-9:00 pm

33A Union St., Augusta, ME 04430

Tel: 626-2528

www.augustaschools.org/academ/adulted/augustaadulteducation.htm

Literacy Volunteers of Maine

Provides one on one reading help for adults wanting to improve reading skills. Assistance available for individuals of a variety of reading levels at no cost.

142 High St., Suite 632, Portland, ME 04101

www.lvmaine.org

Augusta

Literacy Volunteers of Greater Augusta

12 Spruce St., Suite 2, Augusta, ME 04430

Tel: 626-3440

Waterville

Literacy Volunteers of Waterville

PO Box 1645

107 Kennedy Memorial Dr., Waterville, ME 04901

Hrs: T, W, F, 10 am-2 pm

Tel: 873-7786

Franklin & Somerset Counties

Literacy Volunteers of Franklin & Somerset County

108 Fairbanks Rd., Suite 3, Farmington, ME 04938

Tel: 778-3460

Maine Educational Opportunity Center

Provides assistance with preparing for post secondary education

University of Maine, 5713 Chadbourne Hall, Orono

Tel: 1-800-281-3703

<http://meoc.maine.edu>

Penobscot Job Corps Center

Education and vocational skills training to help young people become job ready. Applicants do not need a high school diploma. Job Corps provide residences for students.

1375 Union St., Bangor, ME 04401

Tel: 990-3000 or 1-800-733-5627

www.jobcorps.gov

University of Maine Cooperative Extension

Somerset Office

Provides information on the following: nutrition & food, resources, agriculture, dairy, natural resource management, 4-H, family financial management and senior companion program.

7 County Dr., Skowhegan, ME 04976

Tel: 474-9622 or 1-800-287-1495

Kennebec Office

Provides information on the following: health & nutrition education, resources, agriculture, dairy, natural resource management, and 4-H

125 State St., 3rd Floor, Augusta, ME 04330

Tel: 622-7546 or 1-800-287-1481

Penobscot Office

Provides information on the following: agriculture, gardening, home-based business management, nutrition & food, parenting, 4-H, and senior companion program.

307 Maine Ave., Bangor, ME 04401

Tel: 942-7396 or 1-800-287-1485

www.umext.maine.edu/

Women, Work & Community

Support for individuals experiencing the stress and upheaval of life changes surrounding divorce, separation, widowhood, the disability of a spouse, or loss of public assistance. Financial literacy training and career exploration. Confidential and free.

www.womenworkandcommunity.org

Augusta

UMA, 46 University Dr., Augusta, ME 04330-9410

Tel: 621-3440 or 1-800-442-2092

Bangor

216 Texas Ave, Acadia Hall, Bangor, ME 04401

Tel: 262-7840

Waterville

93 Main St., Waterville, ME 04901

Tel: 872-948

Employment & Training Services

ASPIRE - DHHS

For individuals who qualify for TANF; offers field placements for employment experience; support services for individuals in education training or employment programs - may include books & supplies, child care, transportation, auto repair and insurance, and clothing.
35 Anthony Ave., Augusta, ME 04333
Tel: 624-8090 or 1-800-452-1962

98 North Ave., Skowhegan, ME 04976
Tel: 474-4800

396 Griffin Rd.
Bangor, ME 04401
Tel: 561-4175 or 1-800-482-7517

Maine CareerCenter

Assistance looking for your first job, a better job or a whole new career. It is also a place to find information on training and education.
21 Enterprise Dr., Suite 2, Augusta, ME 04333-0109
Tel: 624-5120 Fax: 287-6236
45 Oak St., Suite 3, Bangor, ME 04401-7902
Tel: 561-4050 Fax: 561-4066
98 North Ave., Suite 20, Skowhegan, ME 04976
Tel: 474-4950 Fax: 474-4914
Statewide Help line: 1-888-457-8883
TTY: 1-800-794-1110
www.mainecareercenter.com

Senior Community Employment Program (SCSEP)

Paid job-training program that provides a bridge to employment for mature workers. Partner community service agencies provide supportive, real work settings that help mature workers transition into employment. The program covers the cost of training by paying a stipend to the trainee.
National Able Network
Tel: 1-800-655-6073
www.nationalable.org

Unemployment Call Center - Benefit Claims

Tel: 1-800-593-7660
TTY: 1-888-457-8884
www.maine.gov/labor/unemployment/benefits.html

Women, Work & Community

Support for individuals experiencing the stress and upheaval of life changes surrounding divorce, separation, widowhood, the disability of a spouse, or loss of public assistance. Financial literacy training and career exploration. Confidential and free.

Augusta

UMA, 46 University Dr., Augusta, ME 04330-9410
Tel: 621-3440 or 1-800-442-2092

Bangor

216 Texas Ave, Acadia Hall, Bangor, ME 04401
Tel: 262-7840

Waterville

93 Main St., Waterville, ME 04901
Tel: 872-9482 or 1-800-442-2092
www.womenworkandcommunity.org

Financial Information & Assistance

Money Management International CCCS (Previously known as - Consumer Credit Counseling Services)

Provides residents of Maine with financial counseling, debt repayment plans and consumer education, seven offices throughout the state.

1 Bangor St., Augusta, ME 04330

157 Park St., Suite 34, Bangor, ME 04401

Tel: 1-866-889-9347

www.cccsme.org

MaineStream Finance

Training, counseling & loan programs aim to eliminate or alleviate poverty & create individual wealth through financial literacy, business start up, job creation and home ownership.

262 Harlow St., Bangor, ME 04401

Tel: 973-3500 or 1-800-215-4942

www.mainestreamfinance.org

Maine Veterans' Services, Bureau of

Provides Information and Program Assistance on:
State and Federal Benefits; VA Claims and Appeals;
Military Records (DD Form 214); Advisory Commission
on Women Veterans

Waterville Office

National Guard Armory

Drummond Avenue

Waterville, ME 04901

Tel: 872-7846

Email: Conrad.n.edwards@maine.gov

Hours: M-F 7:30 a.m. – 4:00 p.m.

Main Office (Augusta)

117 State House Station

Augusta, ME 04333-0117

Tel: 626-4464

Email: mainebvs@maine.gov

Hours: M-F 7:30 a.m. – 4:00 p.m.

Maine Public Utilities Commission

242 State St.

Augusta, ME 04333

Tel: 287-3831 or 1-800-452-

www.maine.gov/mpuc/consumer/other_agencies.html

Maine Office of the Public Advocate

103 Water St.

Hallowell, ME 04347

Maine Ratewatcher Guide

www.maine.gov/meopa/ratewatcher/wireless.htm

Salvation Army

Augusta

Emergency Assistance - Emergency Financial Assistance,
Seasonal Services

11 North Pearl, Augusta, ME 04330

Tel: 623-3752

Waterville

Helps with emergency needs such as: financial assistance,
rental assistance (not deposit) - income eligible.

225 Main St., Waterville, ME 04901

Tel: 872-2172

Bangor

Disaster Services, Emergency Assistance - Food &
Nutrition Programs, Emergency Assistance - Seasonal
Services

66 South Park St., Bangor, ME 04401

Tel: 941-2990

www.use.salvationarmy.org/nne

Social Security Administration

Federal Building

202 Harlow Street, Bangor

Tel: 990-4530 or 1-800-772-1213

Waterville Office

46 Front St., Waterville, Me 04901

Tel. 872-2723

Women, Work & Community

Support for individuals experiencing the stress and upheaval of life changes surrounding divorce, separation, widowhood, the disability of a spouse, or loss of public assistance. Financial literacy training and career exploration. Confidential and free.

Augusta

UMA, 46 University Dr., Augusta, ME 04330-9410

Tel: 621-3440 or 1-800-442-2092

Bangor

216 Texas Ave., Acadia Hall, Bangor, ME 04401

Tel: 262-7840

Waterville

93 Main St., Waterville, ME 04901

Tel: 872-9482

www.womenworkandcommunity.org

Food & Nutrition

University of Maine Cooperative Extension

Somerset Office

Free Educational Programs on Nutrition and Food
Purchasing, Preparation and Safety for Maine Families
Receiving Food Stamps.
7 County Dr., Skowhegan, ME 04976
Tel: 859-2547 or 1-800-287-1495

ALBION

Loaves & Fishes

On Main Street, Albion, ME 04910
Tel. None
Hrs of operation: 1st & 3rd Thursday 9 – 11 am

AUGUSTA

Augusta Food Bank c/o St. Mark's Church

9 Summer Street, Augusta, ME 04330
Tel. 622-5225
Hrs of operation: Monday 1–2 pm & 6–7 pm
Thursday 1-2 pm

Bread of Life Ministries Soup Kitchen

157 Water Street, Augusta, ME 04330
Tel. – office: 626-3434 Kitchen: 621-2541
Hrs of operation: Monday thru Saturday 11 am – 12:30 pm

The Family Violence Project

83 Western Ave., Augusta, ME 04330
Tel: 623-3560
Hrs of operation: Monday – Friday 9 am – 5 pm

BELGRADE

Belgrade – Rome Special Needs Food Pantry

6 Manchester Road, Belgrade, ME 04917
Tel. None
Hrs of operation: Tuesdays 9 – 11 am

BINGHAM

Bingham Area Food Pantry

St. Peter's Rectory Basement, Owens Street
Bingham, ME 04920
Tel. None
Hrs of operation: 3rd Tuesday of month 8 am – 12 noon

CANAAN

Canaan Community Food Bank

Rt 2 (across from Post Office)
Tel. None
Hrs of operation: 1st and 3rd Tuesday 5 – 6 pm
1st and 3rd Friday 11 am – 12 noon

CHINA

China Community Food Pantry

Lakeview Drive at Parameter Terrace,
China, ME 04926

Tel. 968-2421

Hrs of operation: Friday and Saturday 12 noon – 1 pm

CLINTON

Clinton Community Food Bank

Methodist Church, Clinton, ME 04927
Tel. 426-8975
Hrs of operation: 2nd & 4th Tuesdays 4:30 – 5:30 pm

CORNVILLE

Cornville Athens Food Cupboard

489 West Ridge Road, Cornville, ME
Tel. None
Hrs of operation: 2nd Saturday of month 9 – 11 am

FAIRFIELD

Fairfield Interfaith Food Pantry

21 High Street, Fairfield, ME 04937
Tel. 453-2780
Hrs of operation: 2nd and 4th Thursdays
(November and December 2nd and 4th Thursdays)

GARDINER

Chrysalis Place/Gardiner Food Bank

323 Water Street, Gardiner, ME 04345
Tel. 582-5507
Hrs of operation: Tuesday 6 – 8 pm, Thursday 1 – 3 pm

HALLOWELL

Hallowell Food Bank, Inc.

Perley's Lane (Basement of Hallowell Fire Department),
Hallowell, ME 04347
Tel. 623-0053
Hrs of operation: Friday 1 – 2:30 pm

HARTLAND

Tri-Town Food Cupboard

9A Hubbard Ave., Hartland, ME 04943
Tel. 938-3283
Hrs of operation: Wednesdays 9:30 – 11:30 am

JACKMAN

Jackman Food Cupboard

Main Street, Jackman, ME 04945
Tel. 668-5962
Hrs of operation: 3rd Wednesday of month 1 - 2 pm or on
demand

LITCHFIELD

Litchfield Community Food Bank

Hallowell – Litchfield Road
Tel. 268-4676
Hrs of operation: Open on Thursdays 12-2 pm

Food & Nutrition—continued

Kennebec Somerset Counties—continued

MADISON

People Who Care Food Cupboard

Old Point School, Myrtle Street, Madison, ME 04950

Tel. 635-2133

Hrs of operation: Tuesdays 9 am – 12 noon

MONMOUTH

Monmouth Food Pantry

776 Main Street, Monmouth, ME 04259

Tel. 933-2502

Hrs of operation: Thursday 12 noon – 1 pm

North Monmouth Food Bank

North Main Street, North Monmouth, ME 04265

Tel. 933-2400

Hrs of operation: Wednesdays 5:15 – 6:30 pm and

Thursday 12 – 1 pm

MOUNT VERNON

First Baptist Church Food Bank

321 Pond Road, Mount Vernon, ME 04352

Tel. 293-2273

Hrs of operation: Saturday 10 am – 12 noon

NORRIDGEWOCK

Norridgewock Community Food Cupboard

227 Waterville Rd., Norridgewock, ME 04957

Tel. 634-4116 (phone ahead)

Hrs of operation: Tuesdays

Helping the Hungry Food Pantry

396 Waterville Rd., Norridgewock, ME 04957

Hrs of operation: Thursdays from 10:00 a.m. – 2:00 p.m.

OAKLAND

Oakland Food Bank

14 West School St. (United Methodist Church)

Oakland, ME 04963

Tel. 465-3222

Hrs of operation: Thursdays 4-6 pm

Oakland Soup & Sandwich

35 Church St., Oakland, ME 04963

Tel. 465-9037

Hrs of operation: Thursdays 4-6 pm

PALMYRA

Palmyra Baptist Soup Kitchen

868 Main St., Palmyra, ME 04965

Tel. 938-2958

Hrs of operation: Mon – Wed & Friday 5 – 6 pm

PITTSFIELD

Community Christmas Project

Downtown Parking Lot (Behind Main St)

Pittsfield, ME 04967

Tel. 487-2800

Hrs of operation: Tuesday and Friday 9 am – 12 noon

The Welcome Table

6 Easy St. (First Universalist Church)

Pittsfield, ME 04967

Tel: 487-5861

Hrs of operation: Fridays 10:30 am - 2:30 pm

RANDOLPH

Kincaid Food Pantry

72 Windsor Street, Randolph, ME

Tel: 582-5283

SIDNEY

Sidney Food Cupboard

3018 West River Rd., Sidney, ME 04330

Tel. 547-3376

Hrs of operation: appointment only

SKOWHEGAN

Skowhegan Community Food Cupboard

16 Cariani St. (behind Butler's Dry Cleaning)

Skowhegan, ME 04976

Tel. 474-9249

Hrs of operation: Mon-Wed-Fri 10:00 – 11:00 am

St. Anthony's Soup Kitchen

Notre Dame de Lourdes Church, Skowhegan, ME 04976

Tel. 474-5211

Hrs of operation: Mon-Tues, Thurs 4:30 – 5:30 pm

SMITHFIELD

Town of Smithfield

Rt 8 Town Office, Smithfield, ME 04978

Tel. 362-4772

Hrs of operation: Monday thru Friday 8 – 11:45 am &

12:30 - 4:00 pm (must call ahead)

SOLON

Solon Food Closet

School and Pleasant St., Solon, ME 04979

Tel. 643-2855

Hours of operation: Fridays 10 am – 4 pm

STARKS

Starks Food Cupboard

Chicken Street, Starks, ME 04911

Tel. 696-3855

Hrs of operation: 1st and 3rd Wednesdays 10 am – 12 noon

Food & Nutrition—continued

Kennebec Somerset Counties—continued

VASSALBORO

Vassalboro Food Station

Rt. 32, N. Vassalboro, ME 04962

Tel. 873-7375

Hrs of operation: Thursdays 11 am - 12 noon

WATERVILLE

Greater Waterville Area Food Bank

Pleasant Street United Methodist Church

61 Pleasant St.

Waterville, ME 04901

Tel. 872-7564

Hrs of operation: 10 am – 12 noon (except holidays)

Mid-Maine Homeless Shelter

PO Box 2612, 28 Ticonic St.

Waterville, ME 04903-2612

Tel. 872-8082

Hrs of operation: Fridays 1- 4 pm

Sacred Heart Soup Kitchen

72 Pleasant St., Waterville, ME 04901

Tel. 872-5725 (before 2 pm)

Hrs of operation: Monday through Friday 5:30 am – 2 pm

Corpus Christi Parish Soup Kitchen

116 Silver St., Waterville, ME 04901

Tel. None

Hrs of operation: Saturday and Sunday 11 am – 12 Noon

Evening Sandwich Program

69 Silver St., Waterville, ME 04901

Tel. 873-4006

Hrs of operation: Monday through Friday 4 – 5 pm

Kid's Kitchen/Boy's and Girl's Club

126 North St., Waterville, ME 04901

Tel. 873-0684 ext 250

Hrs of operation: Monday through Friday 8 am – 4 pm (no school) 7 am – 2 pm (during school)

WINDSOR

Windsor Food Bank

Town Hall

Windsor, ME 04363

Tel. 445-2998

Hrs of operation: 1st and 3rd Thursdays of each month
6:30 – 8:00 pm

WINSLOW

North East Dream Center

18 Lithgow St., Winslow, ME 04901

Tel. 692-2128

Hrs of operation: M-F

WINTHROP

Winthrop Food Pantry

High St., Winthrop, ME 04364

Tel. 377-3332

Hrs of operation: Thursday 1 – 2:30 pm

WIC - HealthReach Network

Augusta

263 Water St., 4th Floor, Augusta, ME 04330

Tel: 621-6202

Waterville

63 Eustis Parkway, Waterville, ME 04901

Tel: 872-1593

Skowhegan

165 North Ave., Skowhegan, ME 04976

Tel: 474-7463 or 1-888-942-6333

Penobscot County

BANGOR

Bangor Area Homeless Shelter

263 Main St., Bangor, ME 04401

Tel: 947-0092

Hrs: every day 24 hours

Ecumenical Food Cupboard

28 High St., Bangor, ME 04401

Tel: 942-4381

Hrs: Monday, Wednesday & Friday 10 to Noon

Manna Inc. Food Pantry

629 Main St., Bangor, ME 04401

Tel: 990-2870

Hrs: Mon, Wed & Fri for pantry - 3 to 4 pm;

Mon thru Fri for kitchen - 4:30 to 5:30 pm

Samaritan Food For Life

1395 Essex St., Bangor, ME 04401

Tel: 207-947-4968

Hrs: Mon, Wed, Thurs, Fri & Sun 9 to Noon weekdays and
11 a.m. to 2 p.m. weekends

General Assistance Program - Town Offices

Each town has a General Assistance Program to help people in emergencies. You may be eligible even if you work or receive other benefits such as: food stamps, veterans' benefits, or social security income. **To request General Assistance, it is best if you can call your town office ahead of time and make an appointment.** Your application must be accepted for a review. You may be turned down for help if you do not meet the guidelines for the program. The application is private and confidential. If you have problems concerning General Assistance, you can contact:

Office of Integrated Access and Support
Department of Health and Human Services
287-2826 or 1-800-442-6003 (Toll Free)
TTY: 1-800-606-0215

Kennebec County

Albion
22 Main Street
P.O. Box 287
Albion 04910
Phone: 437-2900
Tues: 8:30 AM – 4:30 PM
Thurs: 1:00 – 6:00 PM
Fri.: 8:00 AM – 1:00 PM
1st Monday of the Month: 7:00 – 9:00 PM

Augusta
City Center Plaza
16 Cony Street
Augusta 04912
Phone: 626-2310
General Assist.: 626-2325
Mon. – Fri.: 8:00 AM – 4:30 PM

Belgrade
6 Manchester Road
Belgrade 04917
Phone: 495-2258
Mon. – Fri.: 8:00 AM – 4:30 PM
General Assist: Tues. & Thurs.
9:00 – 11:00 AM

Benton
1279 Clinton Avenue
Benton 04901-3050
Phone: 453-7191
Mon. – Wed., Fri.: 9:00 AM – 4:00 PM
Thurs.: 11:00 AM – 6:00 PM

Chelsea
560 Togus Road
Chelsea 04330
Phone: 582-4802
Mon. – Wed., Fri.: 9:00 AM – 4:00 PM
Thurs.: 10:00 AM – 6:00 PM

China
571 Lakeview Drive
South China 04358
Phone: 445-2014
Mon. – Fri.: 7:30 AM – 4:00 PM
Sat.: 8:00 – 11:00 AM

Clinton
27 Baker Street
Clinton 04927
Phone: 426-8511
Mon., Tues., Thurs., Fri.: 8:00 AM – 3:45 PM
Wed.: 8:00 AM - noon
2nd & 4th Tues. of the month: 8:00 – 6:00 PM

Farmingdale
289 Main Avenue
Farmingdale 04344
Phone: 582-2225
Mon., Tues., Thurs., Fri.: 8:00 AM – 5:00 PM
Wed.: 8:00 AM – 5:00 PM

Fayette
2589 Main Street, Route 17
Fayette 04349
Phone: 685-4373
Mon., Tues., Wed.: 7:00 AM – 4:30 PM
Thurs.: 7:00 AM – 6:30 PM

Gardiner
6 Church Street
Gardiner 04345
Phone: 582-4200
Mon. – Fri.: 8:00 AM – 4:30 PM

Hallowell
1 Winthrop Street
Hallowell 04347
Phone: 623-4021
Mon. – Fri.: 8:00 AM – 5:00 PM

Litchfield
2400 Hallowell Road
Litchfield 04350
Phone: 268-4721
Mon.: 8:30 AM – 7:00 PM
Tues., Wed., Thurs.: 8:30 AM – 6:00 PM

Manchester
12 Readfield Road
Manchester 04351
Phone: 622-1894
Mon. & Thurs.: 8:00 AM – 4:00 PM
Tues.: 8:00 AM – 6:00 PM
Wed.: 8:00 AM – noon
Fri.: 8:00 AM – 2:00 PM

Town Offices Continued
Kennebec County

Monmouth
859 Main Street
Monmouth 04259
Phone: 933-2206
Mon.: 8:00 AM – 6:00 PM
Tues. – Thurs.: 8:00 AM – 5:00 PM
Fri.: 8:00 AM – 1:00 PM

Mt. Vernon
1997 North Road
Mt. Vernon 04352
Phone: 293-2376
Mon., Tues., Thurs.: 9:00 AM – 5:00 PM
Wed.: 1:00 – 7:00 PM
4th Saturday of the month: 9:00 AM – noon

Oakland
6 Cascade Mill Road
Oakland 04963
Phone: 465-7357
Mon. – Fri.: 8:30 AM – 4:30 PM
Last Thursday of the month: 8:30 AM – 7:00 PM

Pittston
38 Whitefield Road, Route 126
Pittston 04345
Phone: 582-4438
Mon.: 9:00 AM – 5:00 PM
Tues.: 9:00 AM – 1:00 PM
Wed.: 9:00 AM – 1:00 PM & 4:00 – 8:00 PM
Thurs. & Fri.: 9:00 AM – 2:00 PM

Randolph
121 Kinderhook Street
Randolph 04346
Phone: 582-5808
Tues.: 10:00 AM – 7:00 PM
Wed. – Fri.: 10:00 AM – 5:00 PM

Readfield
8 Old Kents Hill Road
Readfield 04355
Phone: 685-4939
Mon., Tues., Thurs., Fri.: 8:30 AM – 4:30 PM
Wed.: noon – 6:00 PM

Rome
8 Mercer Road
Rome 04963
Phone: 397-4011
Mon., Tues.: 2:00 – 6:00 PM
Wed.: 4:00 PM – 8:00 PM
Sat.: 9:00 – 11:45 AM

Sidney
2986 Middle Road
Sidney 04330
Phone: 547-3340
Mon., Tues., Thurs., Fri.: 9:00 AM – 4:30 PM
Wed.: noon – 7:30 PM

Vassalboro
682 Main Street
North Vassalboro 04962
Phone: 872-2826
Mon. – Wed.: 8:00 AM – 5:00 PM
Thurs.: 8:00 AM – 6:30 PM
Fr.: 8:00 AM - noon

Vienna
212 Townhouse Road
Vienna 04360
Phone: 293-2087
Office hours by appointment only

Waterville
One Common Street
Waterville 04901
Phone: 680-4200
Mon. – Fri.: 7:30 AM – 5:00 PM

Wayne
3 Lovejoy Road
Wayne 04284
Phone: 685-4983
Mon. & Wed.: 1:30 – 5:30 PM
Tues.: 1:00 – 6:00 PM
Thurs.: 7:30 AM – 12:30 PM
Fri.: 1:30 – 4:30 PM

West Gardiner
318 Spears Corner Road
West Gardiner 04345
Phone: 724-3945
Mon. – Fri.: 8:00 AM – 1:00 PM
Thurs.: 5:00 – 8:00 PM

Windsor
523 Ridge Road
Windsor 04363
Phone: 445-2998
Mon.: 9:00 AM – 5:00 PM
Tues.: 11:00 AM – 8:00 PM
Thurs.: 7:00 AM – 4:00 PM
Fri.: 9:00 AM – 3:00 PM

Winslow
114 Benton Avenue
Winslow 04901-6898
Phone: 872-2776
Mon. – Fri.: 8:00 AM – 4:40 PM

Winthrop
17 Highland Avenue
Winthrop 04364
Phone: 377-7200
Mon. – Fri.: 8:00 AM - 5:00 PM

Town Offices Continued
Somerset County

Anson
62 Main Street
Anson 04911
Phone: 696-3979
Mon. – Fri.: 8:00 AM – 4:00 PM

Athens
28 Academy Road
Athens 04912
Phone: 654-3471
Mon. & Thurs.: 3:30 – 7:30 PM

Bingham
13 Murray Street
Bingham 04920
Phone: 672-5519
Mon. – Fri.: 9:00 AM – 4:00 PM

Brighton Plantation
Post Office Box 126
Athens 04912
Phone: 654-2551
No set hours

Cambridge
202 Ripley Road
Cambridge 04923
Phone: 077-3241
Mon., Wed., Fri.: 9:00 AM – noon
Thurs.: 6:00 – 8:00 PM

Canaan
277 Main Street
Canaan 04924
Phone: 474-8976
Mon., Tues., Thurs., Fri.: 8:00 AM – 4:00 PM
Wed.: 8:00 AM – 1:00 PM & 5:00 – 8:00 PM

Caratunk
Post Office Box 19
Caratunk 04925
Phone: 672-3030
No set hours

Cornville
508 West Ridge Road
Cornville 04976-6307
Phone: 474-3275
Tues.: 10:00 AM – 4:00 PM
Thurs.: 1:00 – 7:00 PM

Dennistown Plantation
28 Sandy Stream Road
Dennistown 04945
Phone: 668-4082
No set hours

Detroit
35 South Main Street
Detroit 04929
Phone: 257-4488
Mon. – Wed. & Fri.: 8:30 AM – 5:30 PM
2nd & 4th Saturday: 9:00 AM - noon

Embden
809 Embden Pond Road
Embden 04958
Phone: 566-5553
Tues., Wed., Fri.: 10:00 AM – 4:00 PM
Thurs.: 1:00 – 7:00 PM

Fairfield
19 Lawrence Avenue
Fairfield 04937
Phone: 453-7911
Mon. – Fri. 8:30 AM – 4:30 PM

Harmony
3 Main Street
Harmony 04942
Phone: 683-5681
Tues.: 2:00 – 6:00 pm
Thurs.: 9:00 AM - noon

Hartland
21 Academy Street
Hartland 04943
Phone: 938-4401
Mon. – Wed. & Fri.: 8:30 AM – 4:30 PM
Thurs.: 8:30 AM – 6:00 PM

Highland Plantation
2001 Long Falls Dam Road
Highland PLT 04961
Phone: 628-4247
No set hours

Jackman
369 Main Street
Jackman 04945
Phone: 668-2111
Mon. – Fri.: 8:00 AM – 4:30 PM

Madison
26 Weston Avenue
Madison 04950
Phone: 696-3971
Mon. – Fri.: 7:30 AM – 4:00 PM
General Assistance: Mon. – Thurs.
9:00 AM – 3:00 PM

Town Offices Continued
Somerset County

Mercer
Mercer Community Center
1015 Beech Hill Road, Suite A
Mercer 04957
Phone: 587-2911
Mon., Wed., Thurs.: 9:00 AM - 3:00 PM
Tues. & Wed: 6:00 - 8:00 PM
1st Sat. of Month: 7:30 AM - 1:00 PM

Moose River
705 Main Street
Moose River 04945
Phone: 668-4019
Mon., Tues., Thurs.: 3:00 – 6:00 PM

Moscow
110 Canada Road
Moscow 04920
Phone: 672-4834
Mon., Wed., Fri.: 9:00 AM – noon &
1:00 – 4:00 PM

New Portland
901 River Road
North New Portland 04961
Phone: 628-4441
Mon., Tues., Wed.: 11:00 AM- 5:00 PM
Thurs.: 2:00 - 7:00 PM
First Saturday of each month: 8:00 AM – noon

Norridgewock
16 Perkins Street
Norridgewock 04957
Phone: 634-2252
Mon. - Wed., & Friday: 8:30 AM - 4:15 PM
Thurs.: 8:30 AM - 6:00 PM

Palmyra
768 Main Street
Palmyra 04965
Phone: 938-4871
Mon. - Fri.: 8:00 AM - 4:30 PM
1st Saturday of each month: 8:00 AM - noon

Pittsfield
16 Park Street
Pittsfield 04967
Phone: 487-3136
Mon. - Fri.: 8:00 AM - 5:00 PM

Pleasant Ridge Plantation
Bingham 04920
Phone: 672-3952
Wednesday: 6:00 - 8:00 PM

Ripley
1084 Main Street
Ripley 04930
Phone: 277-4871
Mon.: 1:00 - 6:00 PM
Wed.: 4:00 - 6:00 PM
Fri.: 9:00 AM - 6:00 PM

St. Albans
7 Water Street
St. Albans 04971
Phone: 938-4568
Mon.: noon - 6:00 PM
Tues. - Fri.: 11:00 AM - 4:00 PM

Skowhegan
225 Water Street
Skowhegan 04976
Phone: 474-6907
Mon. - Fri.: 8:00 AM - 4:30 PM

Smithfield
926 Village Road
Smithfield 04978
Phone: 362-4772
Mon. - Fri.: 8:00 - 11:45 AM &
12:30 - 4:00 PM

Solon
121 South Main Street
Solon 04976
Phone: 643-2812
Mon., Wed., Fri.: 8:00 AM - noon &
1:00 - 4:00 PM
Wed.: 6:00 - 7:45 PM
General Assistance: Wednesday
9:00 - 11:00 AM

Starks
10 Locke Hill Road
Starks 04911
Phone: 696-8069
Mon.: 10:00 AM - 2:00 PM
Wed.: 3:00 - 7:00 PM

The Forks Plantation
Post Office Box 77
The Forks 04985
Phone: 663-4454
No set hours

West Forks Plantation
Post Office Box 35
West Forks 04985
Phone: 663-4404
No set hours

General Assistance—Town Offices—continued

Penobscot County Border Town

Offices

Bangor City Hall
73 Harlow St.
Bangor 04401
Phone: 945-4400
Mon. - Fri.: 8:00 AM - 4:30 PM

Carmel Town Office
1 Safety Lane
Carmel 04419
Phone: 848-3361
Mon.: 8:00 AM - 8:00 PM
Tues.: 1:00 - 5:00 PM
Wed. - Fri.: 8:00 AM - 5:00 PM

Corinna Town Office
8 Levi Stewart Drive
Corinna 04928
Phone: 278-4183
Mon. - Fri.: 8:00 AM - 4:30 PM

Dexter Town Office
23 Main St.
Dexter 04930
Phone: 924-7351
Mon. - Fri.: 8:30 AM - 4:30 PM

Exeter Town Office
1220 Stetson Road
Exeter 04435
Phone: 379-2191

Levant Town Office
691 Townhouse Road
Levant 04456
Phone: 884-7660

Newport Town Office
23 Water Street
Newport 04953
Phone: 368-4410
Mon. - Fri.: 8:30 AM - 5:00 PM

Plymouth Town Office
1947 Moosehead Trail
Plymouth 04969
Phone: 257-4646
Mon.: 11:00 AM - 6:00 PM
Tues. - Fri.: 11:00 AM - 4:00 PM

Waldo County Border Town Offices

Burnham Town Office
247 South Horseback Road
Burnham 04922
Phone: 948-2369
Mon.: 8:00 AM - 4:00 PM &
7:00 - 9:00 PM
Tues. - Thurs.: 8:00 AM - 4:00 PM
Fri.: 8:00 AM - 2:00 PM

Troy Town Office
129 Rogers Road
Troy 04987
Phone: 948-2283
Mon., Tues., Thurs.:
9:00 AM-4:00 PM
Wed.: 4:00 - 7:00 PM
Fri.: 8:30 AM - noon

Unity Town Office
4 Clifford Common
Unity 04988
Phone: 948-3763
Mon. - Fri.: 8:30 AM - 2:30 PM
Tues.: 5:00 - 7:00 PM

Health Services

Health Centers

Fee is based on income

Bingham Area Health Center
PO Box 746, 237 Main St.
Bingham, ME 04920
Tel: 672-4187

Family Medicine Institute
15 East Chestnut Street
Augusta, ME 04330
Tel: 626-1561

Jackman Regional Health Center
376 Main Street
Jackman, ME 04945
Tel: 668-4300

Madison Area Health Center
PO Box 200, 8 South Main St.
Madison, ME 04950
Tel: 696-3992

Sebasticook Family Doctors

PO Box 125
Canaan, ME 04924
Tel: 474-6990

29 Church St.
Dexter, ME 04930
Tel: 924-3253

10 Great Moose Dr.
Hartland, ME 04943
Tel: 938-2408

118 Moosehead Trail
Newport, ME 04953
Tel: 368-5189

Sebasticook Regional Family Care (walk in care available)

8 Main St., Suite A
Newport, ME 04953
Tel: 368-4292

84 Somerset Ave.
Pittsfield, ME 04967
Tel: 487-5154

1309 Main St. Unit # 1
Clinton, ME 04927
Tel: 426-0976

Penobscot Community Health Center

1012 Union St., Ste A
Bangor, ME 04401-3060
Tel: 945-5247

Health Services - continued

Hospitals

Inland Hospital

200 Kennedy Memorial Dr.
Waterville, ME 04901
Tel: 861-3000 or 1-800-491-8600

MaineGeneral Medical Center

149 North St.
Waterville, ME 04901
Tel: 872-1000

6 East Chestnut Street
Augusta, ME 04330
Tel: 626-1000

Redington-Fairview General Hospital

PO Box 468
Fairview Ave.
Skowhegan, ME 04976
Tel: 474-5121

Sebasticook Valley Hospital

447 North Main St.
Pittsfield, ME 04967
Tel: 487-5141

Reproductive Health

Fee is based on income

Family Planning Association

43 Gabriel Drive
PO Box 587
Augusta, Maine 04332-0587
Tel: 626-3426

KVCAP Family Planning

97 Water Street
Waterville, ME 04901
Tel: 859-1638

26 Mary Street
Skowhegan, ME 04976
Tel: 474-8487 ext. 2507

Penquis Family Planning

26 Harlow St.
Bangor, ME 04401
Tel: 973-3500

311A Corinna Rd.
Dexter, ME 04930
Tel: 924-7383

50 North St.
Dover-Foxcroft, ME 04426
Tel: 564-7116

Dental

Bingham Area Health Center

Accepting Medicare and other insurances
PO Box 746, 273 Main St.
Bingham, ME 04920
Tel: 672-4187

Emergency Dental Services

325 Kennedy Memorial Drive, Building D
Waterville, ME 04901
Tel: 877-7246

Garcelon Children's Dental Center

133 State St.
Augusta, ME 04330
Tel: 622-2022

Maine Street Dental Center

Accepts MaineCare, open evenings & weekends
179 Main St., Suite 212
Waterville, ME 04901
Tel: 872-6815

Saulter Dental Hygiene Center

Accepting MaineCare
81 Western Ave.
Waterville, ME 04901
Tel: 861-8080

The Community Dental Center

93 Main St., 3rd Floor
Waterville, ME 04901
Tel: 872-8891

Health Services - continued

Other

Care Partners

A group of doctors, hospitals and other providers that have volunteered to provide health care to eligible members at a very reduced fee. Lab work, x-rays and some hospital services are at no charge.

Tel: 1-877-646-1684

www.carepartnersmaine.org

Capitol Community Clinic

Riverview Psychiatric Center

250 Arsenal St.

11 State House Station

Augusta, ME 04332

Tel: 624-3900 or 1-888-261-6684

Dirigo Health

Anthem Blue Cross and Blue Shield and its network of appointed insurance producers/agents began selling DirigoChoice to small businesses and self-employed individuals. To get a quote and enroll call:

Individual: 1-800-585-0099

Self-employed: 1-800-585-0099 - TTY: 1-888-671-4333

Employers: 1-800-541-4251 - TTY: 1-888-671-4333

www.dirigohealth.gov

MBCHP

Maine Breast & Cervical Health Program

Maine Department of Health & Human Services

11 State House Station, Augusta, ME 04330

Tel: 1-800-350-5180 option 1

MaineCare

77 Sewell St. (Third Floor), Augusta, ME 04330

Tel: 1-800-977-6740

Provides a list of dentist who accepts MaineCare clients throughout the state.

Maine Physician Referral Service

Tel: 1-877-281-5108

Maternal and Child Oral Health Resource

Tel: 1-888-275-4772

Public Health Nursing - DHHS

35 Anthony Avenue, 11 State House Station

Augusta, ME 04333-0011

Tel: 624-8050 or 1-800-452-1926

98 North Avenue, Skowhegan, ME 04976-1995

Tel: 474-4808 or 1-800-452-4602

Veterans Services

Provides information on VA programs, veterans benefits.

Veterans need to call for eligibility.

Bureau of Veteran's Services (Waterville Office)

National Guard Armory

Drummond Ave., Waterville, ME 04901

Tel: 872-7846

www.Maine.gov/dvem/bvs

Veterans Affairs

Tel: 1-800-827-1000 (VBA—benefits);

1-877-421-8263 (VHA—health)

www.va.gov —total overview of VA services, provides links

www.vba.gov/ro/east/togus —benefits info

www.togus.va.gov —health info

Veteran Affairs (VA) Clinics

Community-Based Outpatient Clinic-Primary Care

304 Hancock St., Suite 3B, Bangor, ME 04401

Tel: 561-3600

Bangor VA Mental Health Clinic

304 Hancock St., Suite 2D, Bangor, ME 04401

Tel: 561-3650

Vet Centers-Readjusting Counseling

Provides services to combat veterans and military sexual trauma veterans

352 Harlow St., Bangor, ME 04401

Tel: 947-3391

Housing & Shelter

Augusta Housing Authority

Provides Section 8 housing assistance for families, elderly and disabled individuals. Covers Augusta and any town where the town line is at least within a 10 mile radius.

33 Union St., Augusta, ME 04330

Tel: 626-2357

Bread of Life Ministries

Homeless shelter. Individuals can stay up to 7 days. Check in time is 4-6 pm Sun-Th, 4-9 pm Fr-Sat

155 Hospital St., Augusta, ME 04330

Tel: 626-3479

Halcyon House (a program of Youth & Family Services)

Emergency shelter for ages 10-17.

5 Commerce Dr., Skowhegan, ME 04976 (mailing)

627 Middle Rd., Skowhegan, ME 04976

Tel: 474-8574

Homeless Crisis Hotline

Hours 9-5, Sunday—Saturday

Tel: 1-800-438-3890

KVCAP Fuel Assistance (HEAP/LIAP)

HEAP—Provides a heating assistance credit one time per heating season. Once a person is qualified for this program, they are eligible for all of our other energy related programs, if the need is there.

LIAP—Program assists qualified low-income customers to pay their electric bills. The utility companies we allow assistance for are Central Maine Power & Madison Electric.

97 Water Street

Waterville, ME 04901

Tel: 859-1500 or 1-800-542-8227

Also—contact local town office for general assistance.

KVCAP—Housing Services

Education, counseling, and financial assistance, support affordable housing opportunities through development of single family homes in Somerset & Kennebec counties.

97 Water St., Waterville, ME 04901

Tel: 859-1550 or 1-800-542-8227 ext 1550

www.kvcap.org

Maine State Housing Authority

Offers programs and services that make decent, safe housing more affordable and accessible to Maine people.

Provides Section 8 Housing for Somerset and Franklin counties

353 Water St., Augusta, ME 04330

Tel: 1-800-452-4668 or 626-4600

www.mainehousing.org

Mid Maine Homeless Shelter

Provides overnight shelter and aid to families and individuals. Hours 6 pm-8 am, 7 days a week.

28 Ticonic St., Waterville, ME 04901

Tel: 872-8082

Motivational Services (MOCO)

Helps people meet their basic need for improving the quality of their lives by providing opportunities for safe and affordable housing, employment, case management, recreation, and socialization services.

14 Glenridge Dr., Augusta, ME 04330

Tel: 626-3465

www.mocomaine.com

Shaw House

Shelter, food, clothing, supervision, counseling, health clinic, drop in center, prevention programs, transitional housing for youth that are homeless or at-risk of being homeless.

136 Union St., Bangor, ME 04401

Tel: 941-2874 or 1-866-561-7429

US Department of Agriculture Rural Development

Mortgage services for income eligible applicants

Somerset/Penobscot/Waldo Counties

1423 Broadway, Suite 3, Bangor, ME 04401

Tel: 947-0334

Kennebec County

PO Box 1938, Lewiston, ME 04240

Tel: 753-9400

www.rurdev.usda.gov/me/

US Housing & Urban Development

202 Harlow St., Bangor, ME 04401

Tel: 945-0467

www.hud.gov

Housing & Shelter - continued

Salvation Army

Augusta

Emergency Assistance - Emergency Financial Assistance,
Seasonal Services

11 North Pearl, Augusta, ME 04330

Tel: 623-3752

Waterville

Helps with emergency needs such as: financial assistance,
rental assistance (not deposit) - must meet eligibility
criteria.

225 Main St., Waterville, ME 04901

Tel: 872-2172

Bangor

Disaster Services, Emergency Assistance - Food &
Nutrition Programs, Emergency Assistance - Seasonal
Services

66 South Park St., Bangor, ME 04401

Tel: 941-2990

www.use.salvationarmy.org/nne

VA Homeless Veterans Coordinator

Assists veterans with enrollment of overall veteran
services. Assists with Section 8 application and provides
list of housing
resources available.

Tel: 623-8411 ext. 4344 or Cell Phone: 329-5981

Waterville Housing Authority

Provides Section 8 Housing assistance for families, elderly
and disabled individuals.

88 Silver St, Waterville, ME 04901-5924

Tel: 873-2155

Youth & Family Services

Runaway & Homeless Youth Outreach (Tony Viet)
Mobil outreach program designed to help youth find safe
housing and/or return home and return to school.

Serves Kennebec and Somerset counties

72 Winthrop St., Augusta, ME 04330

Tel: 626-3478 ext 113 or 1-877-258-7949 ext 113

Legal Services

Attorney General's Office

Janet T. Mills

6 State House Station

Augusta, ME 04333

Tel: 626-8800

Community Mediation Services

PO Box 177

Augusta, ME 04330

Tel: 621-6848

Lawyer Referral & Info. Service

Tel: 1-800-860-1460

www.mainebar.org

Legal Services for the Elderly

Provides free, high quality legal assistance to socially and
economically needy Maine Residents age 60 or older.

5 Wabon St., Augusta, ME 04330

Tel: 621-0087 or 1-800-750-5353

Maine Civil Liberties Union

Preserves civil liberties of Maine people through litigation,
advocacy, public education and lobbying.

401 Cumberland Ave, Portland, ME 04110

Tel: 774-5444

www.mclu.org

Maine Equal Justice

126 Sewall St.

Augusta, ME 04330

Tel: 626-7058 or 1-800-626-7059

Maine Human Rights Commission

9 Coos Lane, Hallowell Annex

Cleveland Bldg., Hallowell, ME 04347

Tel: 624-6050

Pine Tree Legal Assistance

Provides free legal services to low-income individuals.

39 Green Street, PO Box 2429, Augusta, ME 04330

Tel: 622-4731

61 Main St., Bangor, ME 04401

Tel: 942-8241

Legal Services

Volunteer Lawyers Project

The Maine Volunteer Lawyers Project (VLP) coordinates the volunteer efforts of Maine attorneys and community members to help low-income people navigate the civil justice system. We provide free information, brief

assistance and pro bono legal representation in civil legal matters to qualifying clients.

88 Federal St., Portland, ME 04112

Tel: 1-800-442-4293

www.vlp.org

Maine's Congressional Delegation

U.S. Senator Susan Collins

68 Sewall Street, Room 507

Augusta, ME 04330

Tel: 622-8414

P.O. Box 655, 202 Harlow Street, Room 204

Bangor, ME 04402

Tel: 945-0417

www.collins.senate.gov

U.S Senator Olympia Snowe

40 Western Avenue, Room 408C

Augusta, ME 04330

Tel: 622-8292

Fax: 622-7295

One Cumberland Place, Suite 306

Bangor, ME 04401

Tel: 945-0432

Fax: 941-9525

www.snowe.senate.gov

Congresswoman Chellie Pingree (1st District)

57 Exchange Street, Suite 302

Portland ME, 04101

Tel: 774-5019

Fax: 871-0720

www.pingree.house.gov

Congressman Mike Michaud (2nd District)

23 Water Street Suite 205

Bangor, ME 04401

Tel: 942-6935

179 Lisbon Street Ground Floor

Lewiston, ME 04240

Tel: 782-3704

16 Common Street

Waterville, ME 04901

Tel: 873-5713

Fax: 873-5717

www.michaud.house.gov

Maine Legislators

Kennebec

Rep. Henry Beck
7497 Mayflower
Waterville, ME 04901

Rep. Anna D. Blodgett
13 Greenwood Court
Augusta, ME 04330

Rep. William P. Browne
793 Webber Road
Vassalboro, ME 04989

Rep. H. David Cotta
55 53rd Fire Road
China, ME 04358

Rep. Patsy Garside Crockett
14 Smith St.
Augusta, ME 04330

Rep. Kenneth C. Fletcher
382 Garland Road
Winslow, ME 04901

Rep. Patrick S. A. Flood
56 Wedgewood Dr.
Winthrop, ME 04361

Rep. Less Fossel
P.O. Box 525
Alna, ME 04535

Rep. Stephen P. Hanley
67 Lincoln Ave.
Gardiner, ME 04345

Rep. Patricia Jones
72 Wings Mills Road
Mount Vernon, ME 04352

Rep. L. Gary Knight
453 Moose Hill Road
Livermore Falls, ME 04254

Rep. Elizabeth S. Miller
6 Hemlock Lane
Somerville, ME 04348

Rep. Robert Nutting
P.O. Box 100
Oakland, ME 04963

Rep. Nancy E. Smith
259 Tillson Road
Monmouth, ME 04259

Rep. Sharon Anglin Treat
22 Page Street
Hallowell, ME 04347

Rep. Pamela Jabar Trinward
117 Silver Street
Waterville, ME 04901

Sen. Lisa T. Marrache'
109 Silver Street

Waterville, ME 04901

Sen. Earle L. McCormick
633 Hallowell Litchfield Rd.
West Gardiner, ME 04345

Sen. Elizabeth H. Mitchell
Senate President
277 Cushnoc Road
Vassalboro, ME 04989

Somerset

Rep. Dean A. Cray
PO Box 3
Palmyra, ME 04965

Rep. Philip A. Curtis
93 Blackwell Hill Road
Madison, ME 04950

Rep. Edward D. Finch
196 Covell Road
Fairfield, ME 04937

Rep. Stacey Allen Fitts
180 Lancey Street
Pittsfield, ME 04967

Rep. Paul E. Gilbert
P.O. Box 186
Jay, ME 04239

Rep. Peter B. Johnson
P. O. Box 697
Greenville, ME 04441

Rep. Jeff M. McCabe
13 Olive Street
Skowhegan, ME 04976

Rep. Wright H. Pinkham Sr.
1480 Long Falls Road
Lexington TWP, ME 04961

Rep. Douglas A. Thomas
306 Stream Road
Ripley, ME 04930

Sen. Walter R. Gooley
263 Cowen Hill Road
Farmington, ME 04938

Sen. Peter Mills
PO Box 9
Skowhegan, ME 04976

Sen. Douglas Smith
P.O. Box 460
Dover Foxcroft, ME 04426

Penobscot

Rep. Richard D. Blanchard
36 Fifth Street
Old Town, ME 04468

Rep. Steven J. Butterfield II
P. O. Box 1176

Bangor, ME 04402

Rep. Emily Ann Cain
103 Forest Avenue
Orono, ME 04473

Rep. Michael Celli
42 Gettysburg Avenue
Brewer, ME 04412

Rep. Herbert E. Clark
180 Bowdoin Street
Millinocket, ME 04462

Rep. Andre E. Cushing III
P. O. Box 211,
Hampden, ME 04444

Rep. Robert S. Duchesne
478 Beechwood Avenue
Old Town, ME 04468

Rep. Jeffery A. Gifford
346 Frost Street
Lincoln Center, ME 04457

Rep. Adam Goode
303 Hammond St, Apt. 15
Bangor, ME 04401

Rep. Christian D. Greeley
P. O. Box 353
Levant, ME 04456

Rep. Henry L. Joy
P. O. Box 103
Island Falls, ME 04747

Rep. James R. Martin
557 Forest Avenue
Orono, ME 04473

Rep. Everett W. McLeod, Sr.
P.O. Box 155
Lee, ME 04455

Rep. Benjamin M. Pratt
638 Main Road,
Eddington, ME 04428

Rep. David E. Richardson
634 Hampden Road
Carmel, ME 04419

Rep. Kimberley C. Rosen
P. O. Box 877
Bucksport, ME 04416

Rep. Sara R. Stevens
252 Nowell Road
Bangor, ME 04401

Rep. Joshua A. Tardy
P. O. Box 381
Newport, ME 04953

Rep. Douglas A. Thomas
306 Stream Road
Ripley, ME 04930

Sen. Joseph C. Perry
237 Grove St.
Bangor, ME 04401

Sen. Debra D. Plowman
PO Box 468
Hampden, ME 04444

Sen. Kevin L. Raye
63 Sunset Cove Lane
Perry, ME 04667

Sen. Richard W. Rosen
PO Box 877
Bucksport, ME 04416

Sen. Elizabeth M. Schneider
55 Bennoch Rd.
Orono, ME 04473

Sen. Douglas M. Smith
P.O. Box 460
Dover-Foxcroft, ME 04426

Waldo

Rep. Jayne Crosby Giles
15 Tozier Street
Belfast, ME 04915

Rep. Veronica Magnan
P.O. Box 37
Sandy Point, ME 04972

Rep. Andrew R. O'Brien
217 Beach Road
Lincolnton, ME 04849

Rep. John F. Piotti
1075 Albion Road
Unity, ME 04988

Rep. Michael Thibodeau
169 Coles Corner Road
Winterport, ME 04496

Rep. Lance Weddell
P.O. Box 12
Frankfort, ME 04438

Senator Carol Weston
154 Choate Rd
Montville, ME 04941

Senate Republican Office
Tel: 287-1505

Senate President's Office
Tel: 287-1500

Mental Health & Substance Abuse Services

Acadia Hospital

Inpatient and outpatient mental health care and chemical dependency services.

268 Stillwater Ave., Bangor, ME 04401

Tel: 973-6100 or 1-800-640-1211

Alcoholics Anonymous

Tel: 1-800-737-6237

Catholic Charities of Maine

66 Western Ave., PO Box 378

Fairfield, ME 04937

Tel: 453-4365

Care & Comfort

Children's Case Management services; individual, family and group outpatient therapy for children and adults; in-home supports for children with a mental health diagnosis of Mental Retardation or Autism; home and community-based treatment for children with a primary mental health diagnosis.

180 Main Street, Suite 2

Waterville, ME 04901

1-800-366-5302

www.CareandComfort.com

Charlotte White

Assists adults and children with intellectual, behavioral, physical disabilities, and elder age related issues.

PO Box 380, Dover-Foxcroft, ME 04426

Tel: 564-2464 or 1-888-440-4158

www.charlottewhitecenter.com

Community Health & Counseling Services

Family therapy services, psychiatry adults and children, foster-care, home-based services, and case management.

Rte. 202, East Winthrop, ME 04364

Tel: 395-2555

78 Madison Ave., Skowhegan, ME 04976

Tel: 858-4860

<http://www.chcs-me.org/winthrop.html>

Crisis and Counseling Center

Outpatient services focuses on substance abuse and mental health, family group and crisis counseling.

35 Winthrop St., Augusta, ME 04330-5624

Tel: 626-3448 or 1-888-568-1112

www.crisisandcounseling.org

Kennebec Valley Behavioral Health

Vocational Clubhouses

Capitol Clubhouse

Resource for consumer of mental health services. Provides transportation, meals, support and vocational training.

37 Stone St., Augusta, ME 04330

Tel: 629-9080

<http://www.kbhmaine.org/vocational.html>

High Hopes Clubhouse

Div. of Kennebec Behavioral Health

26 College Ave., Waterville, ME 04901

Tel: 877-0038

<http://www.kbhmaine.org/vocational.html>

Kennebec Behavioral Health

Provides emergency, outpatient, medication clinic, in-home supports, school based programs, community support and independent or supported housing services to the community. Services are provided by professional licensed/certified multi-disciplinary staff.

67 Eustis Parkway, Waterville, ME 04901

Tel: 873-2136

66 Stone St., Augusta, ME 04330

Tel: 626-3455

30 High St., Skowhegan, ME 04976

Tel: 474-8368 or 1-888-322-2136

Mental Health Crisis

24 Hour Hotline

Tel: 1-888-568-1112

Northeast Occupational Exchange (NOE)

Provides mental health services to children, adolescents and adults; clinical services for individuals, groups or couples; parenting program for parents of infants, children 4-12 and adolescents 12 and up.

442 Moosehead Trail, Newport, ME 04953

Tel: 368-2072 or 1-800-857-0500

www.noemaine.org

Riverview Psychiatric Center

250 Arsenal St.

11 State House Station

Augusta ME 04332

Tel: 624-3900

Sweetser

Provides Outpatient Therapy, Medication Management, Psychological Testing Services, and Substance Abuse Services. Substance Abuse and DEEP available at Waterville

43 Industrial Park Road, Saco

Tel: 294-4400 ALSO: 1-800-434-3000

3 Michael Lane, Waterville, 680-2065

863 Main Street, Sanford, 459-6050

50 Moody Street, Saco, 571-3080

329 Bath Road, Suite One, Brunswick, 1-877-776-8322

The Women's Project

Enhances women's ability to cope with the effects of substance abuse through education and awareness, identification of resources, advocacy, and support. Also, provides referral services for pregnant women facing alcohol and drug issues. Serves the State of Maine

Tel: 1-800-698-4959

Bangor Office: 1-800-611-1779

Portland Office: 1-800-611-1588

http://www.propeople.org/Programs/PROP_Community/womens_project.php

Mental Health & Substance Abuse Services—cont.

Youth & Family Services

Provides quality treatment for individual, marital and family problems including substance abuse services; home based services, including short term intensive counseling and Family Reunification Services for DHHS referred families, Children's Case Management, Community Case Management (for adult individuals with mental retardation and autism).

5 Commerce Dr., Skowhegan, ME 04976
Tel: 474-8311 or 1-888-420-9605

72 Winthrop St., Augusta, ME 04330
Tel: 626-3478 or 1-877-258-7949
www.yfinc.org

Seniors

Eastern Area Agency on Aging

Eastern Area Agency on Aging (EAAA) is the best source of information, options and services for people as they grow older. They are responsive to the changing needs of older people, families and their communities.

450 Essex St., Bangor, ME 04401

Tel: 941-2865 or 1-800-432-7812 Fax: 941-2869

TTY: 992-0150

www.eaaa.org

www.easternagencyonaging.org

ElderCare Link

Provides elder care services including assisting living, in-home care, financial planning and elder law services.

1-866-451-5577

www.eldercarelink.com

Senior Community Employment Program (SCSEP)

Paid job-training program that provides a bridge to employment for mature workers. Partner community service agencies provide supportive, real work settings that help mature workers transition into employment. The program covers the cost of training by paying a stipend to the trainee.

National Able Network

Tel: 1-800-655-6073

www.nationalable.org

Spectrum Generations

Provides an array of options for vital and independent living through a toll-free Information and Help Line staffed by

experienced people, and a network of Community Centers spread through Central Maine. Offers various activities and classes, support group meetings, transportation, adult day care, caregiver respite, Meals on Wheels, and on-site dining.

Kennebec County

One Weston Court, Suite 203

PO Box 2589, Augusta, ME 04338

Tel: (207) 622-7857 or 1-800-639-1553

Muskie Community Center

38 Gold St., Waterville, ME 04901

Tel: 873-4745

William S. Cohen Community Center

22 Town Farm Rd., Hallowell, ME 04347

Tel: 626-7777

Somerset County

Somerset Community Center

30 Leavitt St., Skowhegan, ME 04976

Tel: 474-8552

www.spectrumgenerations.org

Senior Companion Program (SCP)

University of Maine Cooperative Extension

Volunteers provide support to isolated seniors and family caregivers. Assist older adults to maximize, maintain, or regain independence. May help with grocery shopping, doctors appointments, and daily tasks. Offer companionship, advocacy, and information to support quality of life. Provides volunteer experience (stipended) for qualified seniors 55+. Personal care not provided.

Senior Companion Program

7 County Drive

Skowhegan, ME 04976

Tel: 474-9622 / TDD: 800-287-8957

gtobey@umext.maine.edu

Transportation

KVCAP—Transportation Services

KV Van—Provides rides to medical appointments, also referral from DHHS. Medicaid and/or low income. M-F
KV Transit—Fixed route bus service available to the general public in the greater Waterville and intown Fairfield (M-F) and Augusta are (M-F). Call for bus schedule and cost.

97 Water St., Waterville, ME 04901
Tel: 877-5677 or 1-800-542-8227

26 Mary St., Skowhegan, ME 04976
Tel: 474-8487

219 Cony Rd., Augusta, ME 04430
Tel: 622-4761

Penquis—Transportation Services

The Lynx provides transportation services for residents of Penobscot and Piscataquis Counties. All transportation is by appointment. Serving: general public; special services for the elderly; MaineCare recipients; other social service clients by agency contract; paratransit provider for The Bus.

Penquis
The Lynx
262 Harlow St., Bangor, ME 04401
Tel: 973-3695 or 1-866-853-5969

Utilities

Bangor Hydro

21 Telcom Drive
Bangor, ME 04401
Tel: 945-5621 or 1-800-499-6600

Central Maine Power Company

83 Edison Drive, Augusta, ME 04330
Tel: 1-800-750-4000

Citizens Energy

Tel: 1-877-563-4645
Apply online to complete an application at:
www.citizensenergy.com/

Emergency Assistance Program—DHHS

35 Anthony Ave.
Augusta, ME 04330
Tel: 624-8222 or 1-800-452-1926

Emergency Assistance Program—DHHS

98 North Ave., Suite 10
Skowhegan, ME 04976
Tel: 474-4800 or 1-800-452-4602

KVCAP

LIHEAP—a voucher for heat once per year
LIAP—discount on electric
Emergency Crisis Intervention Program—\$300 maximum benefit per year
97 Water Street
Waterville, ME 04901
Tel: 859-1500 or 1-800-542-8227

Public Utilities Commission

242 State House Station

Augusta, ME 04330

Tel: 1-800-452-4699

Veterans Services

FINANCIAL SERVICES

Maine Veterans' Services, Bureau of

Provides Information and Program Assistance on:
State and Federal Benefits; VA Claims and Appeals;
Military Records (DD Form 214); Advisory Commission
on Women Veterans

Waterville Office

National Guard Armory

Drummond Ave.

Waterville, ME 04901

Tel: 207-872-7845

Email: Conrad.n.edwards@maine.gov

Hours: M-F 7:30 a.m. – 4:00 p.m.

Main Office (Augusta)

117 State House Station

Augusta, ME 04333-0117

Tel: 207-626-4464

Email: mainebvs@maine.gov

Hours: M-F 7:30 a.m. – 4:00 p.m.

Togus VA Regional Office Center - (Benefits)

Tel: 623-8411, ext. 5900

TDD - 1-800-829-4833

FAX: 207 623-5737

CHAMPVA – Denver, CO: 1-800-733-8387

Debt Management, ST Paul, MN: 1-800-827-0648

Education (GI Bill): 1-888-442-4551

Homeless Veterans Coordinator: (207) 329-5981

Income Verification and Means Testing: 1-800-929-8387

Loan Guaranty – Manchester, NH: 1-800-827-6311

National Service Life Insurance: 1-800-669-8477

Pension Center: 1-877-294-6380

Service Group Life Insurance: 1-800-419-1473

Status of Headstones and Markers: 1-800-697-6947

VA Benefits: 1-800-827-1000

Vocational Rehab/Employment: (207) 626-4736

Returning OEF/OIF Combat Veterans:

Tel: 1-877-421-8263, ext. 4939/4534

HEALTH CARE

Community Based Outpatient Clinics (CBOCs)

Bangor: 561-3600 or 1-877-421-8263 x-3600

Bangor Mental Health Clinic: 1-877-421-8263 x- 3651

Portland Mental Health Clinic: 1-877-421-8263 x-3500

Maine Veterans' Homes

Provides the following care:

Medical Services

Comfort Care; Dementia Care; Long-Term Care;

Residential Care; Respite Care; Skilled Nursing Care

Rehabilitative Services

Occupational Therapy; Physical Therapy;

Speech-Language Therapy

Augusta Home

310 Cony Rd.

Augusta, ME 04330

Tel: 207-622-2454 or 1-888-684-4664

www.maineveteranshomes.org

Togus VA Medical Center

Tel: 1-877-421-8263

DAV Transportation: 1-877-421-8263, ext. 5790

Gulf War/Agent Orange Helpline: 1-800-749-8387

Health Benefits Advisor: 1-877-421-8263, ext. 5688

Health Care Benefits: 1-877-222-8387

Mammography Helpline: 1-888-492-7844

Medical Release of Information: 1-877-421-8263, ext. 5232

Patient Representative: 623-5760

Pharmacy (refills): 1-877-421-8263, ext. 5751

VA Women Veterans' Clinic-623-8411 x-5039

Returning OEF/OIF Combat Veterans:

Tel: 1-877-421-8263, ext. 4120/4266/4296

Vet Centers

Offer readjustment counseling and outreach services to all veterans who served in any combat zone. These services are also available to family members for any military issues.

352 Harlow St.

Bangor, ME 04401

Tel: 947-3391

29 Westminster St.

Lewiston, ME 04240

Tel: 783-0068

475 Stevens Ave.

Portland, ME 04103

Tel: 780-3584

VA SUICIDE HOT LINE 1-800-273-8255

State CAP Agencies

<http://www.mainecommunityaction.org/members.htm>

Aroostook County Action Program, Inc.

771 Main St.(PO Box 1116)
Presque Isle, ME 04769-1116
Tel: 764-3721 or 1-800-432-7881
Fax: 768-3022
www.acap-me.org

Community Concepts, Inc.

17-19 Market Square (PO Box 278)
South Paris, ME 04281-0278
Tel: 743-7716 or 743-1520
Fax: 743-6513
www.community-concepts.org

Kennebec Valley Community Action Program

97 Water St.
Waterville, ME 04901
Tel: 859-1500 or 1-800-542-8227
www.kvcap.org/

Midcoast Maine Community Action

34 Wing Farm Parkway
Bath, ME 04530
Tel: 442-7963 or 1-800-221-2221
Fax: 443-7447
www.midcoastmainecommunityaction.org/

Penquis Community Action Program

262 Harlow St. (PO Box 1162)
Bangor, ME 04401
Tel: 973-3500 or 1-800-215-4942
Fax: 973-3699
www.penquiscap.org

Peoples Regional Opportunity Program

510 Cumberland Ave.
Portland, ME 04101
Tel: 874-1140
Fax: 874-1155
www.propeople.org

Waldo Community Action Partners

9 Field St. (PO Box 130)
Belfast, ME 04915-0130
Tel: 338-6809
Fax: 338-6812
www.waldocap.org

Washington Hancock Community Agency

(Corner of Route 1 & Maple Street)
PO Box 280
Milbridge, ME 04658-0280
Tel: 546-7544
Fax: 546-3216
www.whcacap.org

Western Maine Community Action, Inc.

P.O. Box 200 (20A Church St.)
East Wilton, ME 04234-0200
Tel: 645-4287
www.wmca.org/

York County Community Action Corp.

P.O. Box 72 (6 Spruce St.)
Sanford, ME 04073
Tel: 324-5762 or 1-800-965-5762
www.yccac.org/